



## Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children

### Resources for Module 7B: Grains Component Whole Grain-rich (WGR) Requirements

This document contains the resources highlighted in the Connecticut State Department of Education's (CSDE) Bite Size Module 7B.

Adding Whole Grains to Your CACFP Menu – Handouts, training slides, and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/adding-whole-grains-your-cacfp-menu>

Bite Size: Meeting the CACFP Meal Patterns for Children (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

CACFP Best Practices (U.S. Department of Agriculture (USDA):

[https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP\\_factBP.pdf](https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_factBP.pdf)

Identifying Whole Grain-rich Foods for the CACFP – Handouts and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/identifying-whole-grain-rich-foods-cacfp>

Is My Recipe Whole Grain-Rich in the CACFP? – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/my-recipe-whole-grain-rich-cacfp>

Meeting the Whole Grain-rich Requirement for the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR\\_Requirement\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR_Requirement_CACFP.pdf)

USDA Memo COVID-19: Child Nutrition Response #91: Nationwide Waiver to Allow Specific Meal Pattern Flexibility in the CACFP for School Year 2021-2022:

<https://www.fns.usda.gov/cn/child-nutrition-response-91>

Using Product Formulation Statements in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/PFScacfp.pdf>

Using the WIC Food Lists to Identify Grains for the CACFP – Handouts and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/using-wic-food-lists-identify-grains-cacfp>

WIC Approved Food Guide (Connecticut State Department of Public Health):

<https://portal.ct.gov/DPH/WIC/Approved-Food-Guide>

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### Resources for Module 7B: Grains Component WGR Requirements

*The CSDE's Bite Size is a series of recorded training modules that provide information on the meal pattern components and crediting requirements of the USDA's CACFP meal patterns for children. To access the Bite Size training modules and resources, visit the [Bite Size](#) section of the CSDE's Meal Patterns for CACFP Child Care Programs webpage.*

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